

Sandy Recreation Youth Lacrosse 3 on 3 “Chumash” Rules (Boys & Girls)

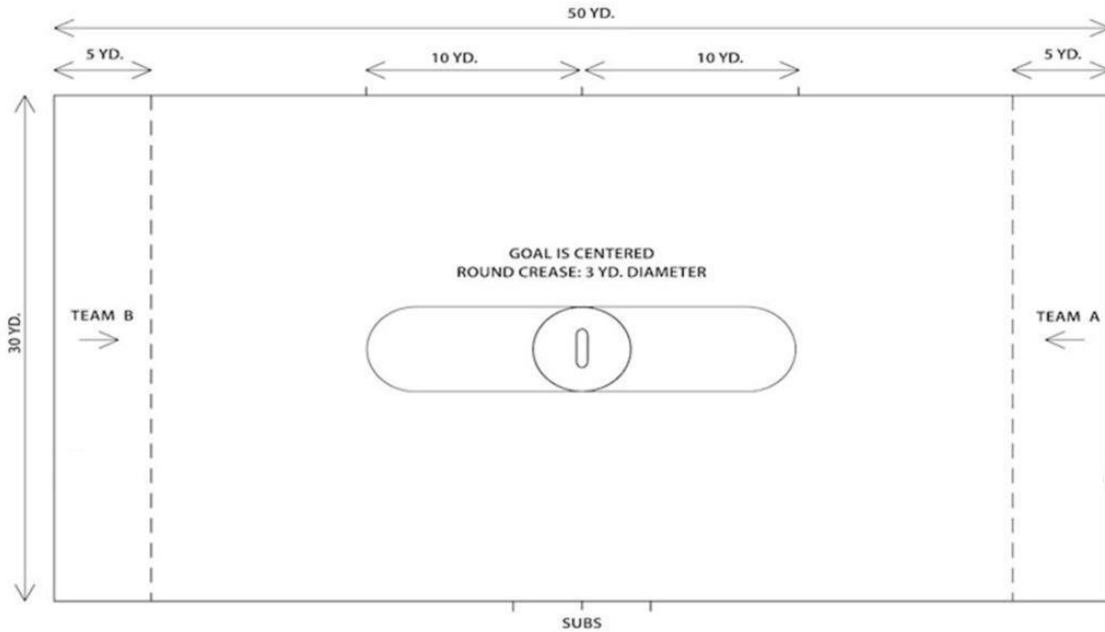
Game Overview

The game consists of two teams of three players on the field at a time. Each team may have up to six additional players on their roster (a total of 9). Players are not allowed to use long or goalie sticks. Sticks will be provided during the season and returned to Sandy Recreation. Only short sticks can be used, with the maximum length of 42". A single goal will be set up in the middle of the field. The objective is for each team to score on its respective side of the goal. Goals are unprotected, with no goalie, keeping the speed and intensity of the game very high.

Chumash is designed to be as self-regulating as possible to enhance the joy of playing, and to make it easy to play a real game of lacrosse and at all times exhibiting sportsmanship and fair play. If a call is in question, use a system of alternating possessions. The game was created to be fun and to teach skills and sportsmanship.

Field Size

The field is 50 yards long by 30 yards wide, with the single goal in the middle of the field. There are **Take Back** lines that are 20 yards from the goal line in each direction and extend the width of the field. There is an elliptical **Restricted Area** that extends 10 yards in both directions from the goal line. At the goal line, the **Restricted Area** is a 3 yard circle. The **Restricted Area** reduces gradually in width as it moves from the goal.



Required Equipment – Sticks are provided to use during the season

Boys: Helmet, Gloves, Elbow Pads, Shoulder Pads, Mouth Guard, and Protective Cup. Cleats are recommended (no metal cleats)!

Girls: Mouth Guard, Eyewear, and Gloves – optional. Cleats are recommended (no metal cleats)!

The Goal and Scoring

The single, two sided goal in the middle of the field is 6 feet high by 1 foot wide. A goal is scored when the ball hits the net or when the ball hits two posts bouncing away from the goal. If teams want to keep score, they'll need to provide a score keeper. Otherwise no score will be kept!

Game Time

Games consists of two 20 minute running time halves. After a 5 minute halftime break, the two teams change sides for the 2nd half. Each team is allowed two 30 second time-outs per game. Time-outs can only be called if the team calling for the time-out has possession or there is a dead ball.

Getting Started

A coin toss will determine which team gets possession of the ball to start the game. The team that wins possession will put the ball in play from behind their **Take Back** line. The other team gets first alternate possession, normally possession after half.

Substitutions

Substitutions can be made during the course of the game. The outgoing and incoming players must touch sticks while at least one of the two players is off the field; outgoing player must immediately exit playing area. Substitutions can happen anywhere around the perimeter of the field. Substitution violations will result in a Technical foul.

Playing the Game

Each team can use the entire field and there are no off-sides. However, a goal can only be scored from a team's designated side of the field. A shot that is made into the goal by a team from the opponent's side of the field is not a score and will result in a change of possession. If the ball goes out of bounds, either from a shot or pass, the ball is awarded to the opposite team of who last touched the ball. The 5 yard rule is strictly enforced on inbounds play, interference, etc. There are no rules governing time for ball advancement, etc. After a goal, the ball is put in play from beyond the **Take Back** line.

When there is a clear change of possession, the team with the ball must pass or carry the ball behind the **Take Back** line on *their* side of the field before they can begin attacking the goal. If a team fails to pass or carry the ball beyond the **Take Back** before they begin attacking the goal, the ball will be awarded to the other team. The **Take Back** line does **not** establish a "safe" zone.

The Creases

There are two creases: the **first** is a regular lacrosse goal crease with a 3 yard radius. The goal is centered inside this circle. There is no goalie and it is illegal to "**guard**" the goal. No one can go in the smaller crease unless the ball is down in there. Then a player may only pick up the ball, cannot attack the goal, and must leave the crease by the most direct route. Failure to do so will result in a technical foul and loss of possession.

The **second crease** uses the same arc. The top of the arc is 10 yards from the goal line. Players may move through this larger crease with or without the ball. They cannot stop or shoot from inside the larger or small crease. Players can "dive", but they may not land in the smaller crease area. If they do, any goals do not count and possession is awarded to the other team. A player may catch a pass inside the larger crease, and then step out of it, turn and shoot. Crease lines are a part of the crease.

Crease Areas Privileges

When the ball is on the ground in the **Crease Areas**, players from both teams are allowed to be in this area to gain possession of the ball. If there is a clear change of possession the team with the ball must pass or carry it back to the **Take Back** line in front of their goal (like 3 on 3 Basketball). If a team fails to do this the ball is awarded to the other team (see below).

Players from the team that does not have possession of the ball "**defensive players**" are allowed to be in the **Crease Areas** but only if they are continually moving through it. A defensive player cannot take a position to defend the goal while in the **Crease Areas**. A **Crease Area** violation by a defensive player will result in a technical foul (see below).

Players from the team in possession of the ball "**offensive players**" may not stop in or shoot from inside the **Crease Areas**. Any player may enter either crease area when the ball is on the ground and the players are attempting to gain control. **Crease Area** violations by an offensive player (e.g., stopping in or shooting from the outer crease, stepping in inner crease) will result in a change of possession.

Loss-Of-Possession Fouls

A change of possession will occur on illegal screens, warding off, withholding the ball, and offensive **Crease Area** violations.

Technical Fouls

Technical fouls are interference, holding, pushing, and defensive **Crease Area** violations. A technical foul will result in a “man down” situation and the offending player will go to the sidelines and remain there until one of the following events have occurred:

- a) The opposing team has taken one shot.
- b) The offending player’s team gains possession of the ball.
- c) The opposing team scores a goal.

Personal Fouls

Personal fouls are illegal body checking, slashing, tripping, and cross-checking as per NFHS rules. There is no "brush" call. Any touch of the head or face is an automatic personal foul. On a personal foul the ball is awarded at the restraining line. The offended team doesn't have to clear the ball.

Penalty Enforcement

Fouls are to be called by the on-field coaches, who are, in effect, the game officials. Fouls shall not result in official penalty time or “man-down” situations. Emphasis shall be placed on:

- 1) Ensuring player safety.
- 2) Promoting and understanding of the rules of lacrosse and good sportsmanship among all players.
- 3) Establishing and maintaining fair and consistent rules enforcement.
- 4) Whenever possible, without disrupting the flow of the game, coaches should briefly explain the nature of the foul called, so that all players understand the call, and, by extension, are reminded of the rules of the game.

First and foremost, a foul is an opportunity for a “teachable moment”. Therefore, a foul need not result in loss of possession, where, for example, a player very likely had no idea that what she/he was doing was, in fact, a foul. However, in accordance with the rules of the game, a foul will result in possession being awarded to the team that was fouled, particularly where the foul either:

- 1) Disadvantaged the team being fouled, or
- 2) Resulted in an advantage being gained by the team that committed the foul.

Additional League Rules

- 1) Additional Lacrosse rules other than listed above fall under the guidelines of The National Federation of State High School Associations (NFHS).
- 2) If a player does not have their mouthpiece in place, the game will stop play and bring it to the attention of the coach. Repeated mouthpiece violations will result in a technical foul, then a personal foul.
- 3) Any unsportsmanlike conduct by a coach or player; such as: spearing, throwing equipment, cursing, arguing a call, maligning of another person, showing disrespect and/or inappropriate comments to any referee, coach, player, parent, or spectator will result in a 5 minute, non-releasable foul (full time served) and/or expulsion from the game, based on severity.
- 4) Coaches and players shall conduct themselves in a sportsmanlike manner at all times. If a coach or player receives an expulsion foul, they will sit out the remainder of that game and will be suspended from coaching or playing in the team’s next game.
- 5) Parents and spectators shall conduct themselves in a sportsmanlike manner at all times. Any unsportsmanlike conduct by a parent or spectator; such as: maligning of another person, cursing, arguing a call, showing disrespect and/or inappropriate comments to any referee, coach, player, parent, or spectator can be immediately removed from the game, based on severity.

Lacrosse Definitions for Personal & Technical Fouls

Informational Only

Personal Fouls - are illegal acts directed toward a team or team member. Personal fouls are serious in nature. The following are prohibited actions in the game of lacrosse and will result in **a one minute time-serving penalty** against the player committing the act and the offended team shall be awarded the ball at a sideline near where the foul was committed or at the centerline if the offense was committed in the team's defensive zone. The offending player shall report to the penalty area for the duration of the penalty or until a goal is scored against the short sided team. The referee will whistle and signal for the game to continue. Penalty time will start once the referee restarts play.

- **Body Checks** - no body checks are allowed. A body check where body to body contact is made with the objective of taking out the opponent instead of playing the ball is not allowed. We all realize that because of the nature of the game, there will be unintentional contact throughout the games. If contact occurs while two players are going for a ground ball and both players are bumping one another while working to gain possession of the ball, no infractions will occur as long as contact occurs from the front or from the side. The officials will make the judgment on whether the contact was intentional or unintentional.
- **Stick Checking & Slashing** - only two-handed poke or lift checks are allowed. Slashing is the uncontrolled use of a stick or one-handed checks in an effort to contact an opponent's stick. A player does not need to make contact with the opponent for the referee to make a slashing call. The referee shall call a slashing penalty if the player does not maintain control of his stick with two hands.

Note: Only contact on the ball carrier's stick or gloved hand on the stick shall be a legal check using the stick. Contact elsewhere may result in a slash call including checks that hit the opponent's torso or upper arms.

- **Cross Check** - players may not check an opponent with the shaft of stick.
- **Tripping** - a player may not use his/her body or stick to trip an opponent below the waist.
- **Unnecessary Roughness** - hits toward the head, neck, or contact that is deemed by the referee to be excessive in nature shall be prohibited. A larger player may not run over a smaller player. Any contact to an opponent's head will be considered unnecessary roughness. Unnecessary roughness is a one-minute, non-releasable penalty.
- **Unsportsmanlike Conduct** - all players, coaches and fans shall conduct themselves in a sportsmanlike manner at all times. Examples of unsportsmanlike conduct includes throwing of the stick or other player equipment, cursing, posturing/taunting towards another player, arguing a call and showing disrespect to the referee and inappropriate comments or unruly behavior from players, coaches or fans. The penalty for unsportsmanlike conduct is a one to three minute, non-releasable penalty. **A player accumulating four personal fouls will result in immediate expulsion from the game.**

Technical Fouls - are fouls that impact the fairness and flow of the game but are not directed toward an opposing team or team member. If the offended did not have possession of the ball, a technical foul will result in possession of the ball where the foul occurred. The following are technical fouls.

- **Holding** - a player may not grab or hold another player with his/her stick or free hand. If a player has the ball, a defensive player may stop the offensive player's forward progress legally from the front by positioning himself legally.
- **Pushing** - players may not push or shove an opponent. Typically this penalty is called during a loose ball situation when one player pushes another from behind during an attempt to scoop a group ball. Defensive players may exert pressure equal to that of the offensive player if the offensive player is backing into the defensive player.

- **Warding** - a player may not use his free hand to keep the defensive player or the defensive player's stick away from his/her stick. Also, the player with ball possession may not push off the opponent even with his/her arm or elbow with his/her hands holding his/her stick in order to gain an advantage.
- **Blocking** - when contact is initiated by a defender who has moved into the path of an opponent with the ball without giving that player a chance to stop or change direction.
- **Charging** - when a player charges, barges, shoulders or backs into an opponent, or pushes with the hand or body.
- **Illegal Offensive Screen** - a player may set a pick for a teammate. Players setting an offensive pick must be stationary, motionless, and have his/her stick next to his/her body. The player setting the pick may not lean sideways into the opponent to impede the opponent's pursuit.
- **Crease Violation** - any player (defensive or offensive) whose body part enters the goalie crease is considered a violation.
- **Conduct** - conduct fouls are similar to unsportsmanlike conduct, but more minor in nature. Excessive celebration after goal is an example.
- **Offsides** - each team must keep two players (usually the goalie and a defenseman) in their defensive half of the field and two players (usually two attack players) in the offensive half. A goalie or defender can advance the full length of the field, but two players must remain in the defensive half of the field. Attack players can advance the full-length of the field, but two players must remain in the offensive half of the field. **This rule doesn't apply to our modified Lacrosse Rules!**
- **Referee Enforcement** - most fouls are immediate whistle with play stoppage. The referee will employ the slow- whistle, flag down technique on the following fouls: slashing, offsides, holding, interference, and pushing. The flag down technique is in effect until a goal is scored, the ball is loose on the ground, or ball possession has changed.